



Saints,

I am excited to get things rolling and prepare for a successful 2023 season. Success for any high school athletics team begins in the same place, the weight room. The weight room on campus will be open throughout the summer. If you are a local student, we will be meeting in the mornings throughout the summer. For students unable to get to campus over summer break, a workout schedule will be made available to you. For more information, contact Coach Gifford at [cgifford@splhs.org](mailto:cgifford@splhs.org).

When making decisions this summer remember, student-athletes take on the responsibility of being representatives of our school and are expected to act accordingly; drinking, smoking, drug use, or any other illegal behavior will not be tolerated.

We will be having two camps this year, one Summer Camp (July 23-28) and our usual Fall Pre-Season Camp (Aug. 7-11).

There will be no cost for the Summer Camp, however, housing and meals will **NOT** be provided. Players will need to make other arrangements. Our first practice will be the evening of July 23 at 7 PM on Laubenstein Field. Players should arrive early (6 pm) to receive equipment. Monday the 24th through Thursday the 27th, practices will be in the mornings starting on the field at 7 AM. Practices will be two hours long, players will be released to shower, but should return to the field by 9:45 to help coach in our Youth Camp. The Youth Camp (July 24-27) will help us to cover the costs of the Archie Team Camp.

**The Summer Camp will conclude with a Jamboree style Team Camp in Archie Missouri on Friday July 28.**

High School Football Season officially begins August 7th. Athletes will report to Pre-Season Camp Sunday, August 6th. Dorm Students will be able to check-in to the dorms at this time if they wish. We will be having a short meeting for players and parents in the Annex at 4:30 PM. Practice will begin on the morning of August 7th. (A detailed camp schedule is located below.) All athletes must have a minimum of 14 conditioning practices prior to the first contest so this camp is absolutely necessary in order to get enough practices to participate in the first game on August 25.

**A COMPLETED PHYSICAL, ENROLLMENT COMPLETED IN BLACKBAUD, AND ALL OTHER FORMS ARE REQUIRED TO PARTICIPATE IN PRACTICE!**

**The cost for Camp will be \$75** this includes a team shirt as well as a team breakfast and lunch each day. There is an additional \$35 fee for students needing to stay in the dorms which will include their dinner as well.

You will need the following when you come to Camp:

- Running Shoes
- Cleats
- Mouthguard (available for \$1)
- Plenty of socks, underwear, athletic shorts, and t-shirts
- Hygiene material (deodorant, body wash, etc.)

Looking forward to a great season!

In His Service,  
Coach C.J. Gifford



Pre-Season Camp Schedule Monday August 7 through Friday August 11

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:45	Arrive for Practice	Doors in front of Gym
6:50 - 7:10	Alumni Meeting	Doors in front of Gym
7:10 - 7:30	Breakfast	Dining Hall
7:30 - 8:00	Dress and Prepare for Practice	Locker Room
8:00 - 11:00	Offensive/Defensive Practice	Practice Field
11:00 - 12:00	Shower/Recovery	Annex/Locker Room
12:00 - 1:00	Lunch	Dining Hall
1:00 - 2:00	Chalk Talk	Biltz A
2:00 - 3:00	Special Teams Walkthrough	Laubenstein Field
3:00 - 3:15	Devotions	Laubenstein Field
3:15 - 4:30	Weight Room Open	Weight Room